

Black Beans (FDD)

Makes: 4 Servings

Vegetable oil is used in this recipe. Use vegetable oil to coat a skillet or pan when cooking vegetables or meats.

Ingredients

3 cups cooked black beans

2 tablespoons vegetable oil

1/2 medium onion (chopped)

2 cloves garlic (chopped)

1/2 teaspoon ground cumin (if you like)

1/2 teaspoon salt

1/2 teaspoon fresh or dried oregano

Directions

1. Pour 2 cups beans into a bowl. Use a potato masher or fork to mash the beans until they are no longer whole. Set the mashed beans to the side.

2. In a medium-size saucepan, heat the oil over medium high heat. Add the onions and cook for 1 to 2 minutes. Stir in the garlic and cook for 30 seconds more. If using cumin, add that too.

3. Stir in the mashed black beans and the remaining black beans. When the beans begin to boil, reduce the heat to low, stir in the salt and oregano and cook for 10 minutes, uncovered.

Source: Recipe provided by SNAP-ED Connection Recipe Finder

Nutrition Information

Nutrients	Amount
Calories	350
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	290 mg
Total Carbohydrate	54 g
Dietary Fiber	18 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	19 g
Vitamin D	N/A
Calcium	68 mg
Iron	5 mg
Potassium	N/A
N/A - data is not available	